

NEW RULES IMPOSED ON LOCAL PRIESTS, PG 3

Buzz

pg 14

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Man in hospital after seemingly random attack

ASSAULT A 51-year-old man is in hospital after being struck with a piece of wood in a seemingly random daytime assault yesterday in Dartmouth.

The man was walking on Irving Street around 5:40 p.m. when he was attacked. He suffered serious head injuries and was taken to the QEII hospital for treatment. One male and one female were arrested and police are still seeking another man. The motive for the attack is not known.

METRO HALIFAX

Rainmen



Blue fan group

HRM's \$1M bill for city hall repairs

PAUL MCLEOD
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RENOVATIONS It weathered the Halifax Explosion just fine, but a series of botched renovations has Halifax City Hall needing \$1 million in repairs.

A tender offer of \$1,031,991 will be presented to council tomorrow for a stone masonry facelift of the national historic site.

The downtown building was completed in 1889 and survived the 1917 explosion that rocked the city with only minimal damage. But things went downhill from there.

The building received an acid/steam cleaning in 1948, according to HRM staff. The original slate roof was removed in 1950 and another major restoration project to the exterior was carried out in 1982-1983.

"Despite the best of intentions, the parging, repointing and coating of the sandstone and decorative elements did more harm than good," reads a staff report.

The report says the condition of the masonry is now very poor with extensive deterioration and it's rapidly getting worse.

The approximately \$1-million bid from Coastal Restoration & Masonry Ltd. was the cheapest of four offers. It covers phase one of what is expected to be a three- or four-year restoration project. HRM received \$1.3 million in stimulus money for the program.

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Workology pg 12

Dressing hockey's heroes



Sports pg 11

Record haul at Paralympics

On the web

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Cleaning up a mess

Premier blames budgetary challenges on previous Tory government

Squeezed between an irritated electorate and public debt, Nova Scotia's NDP premier will employ step-by-step spending controls in what's shaping up to be a politically crucial spring session for his government.

Darrell Dexter says he believes the public will understand when he gradually restricts spending on public programs — even if he has faced personal criticism for dipping into the public purse.

"We need to have an expenditure management initiative that isn't just about the short term in one year, but actually rolls out over a number of

"The past they (the Tories) created is dictating the future we have."

Premier Darrell Dexter

years," the 52-year-old former lawyer and journalist said in an interview.

Full details will start emerging after the legislature's return with a throne speech on Thursday. Possible tax increases would be revealed in a budget expected next month.

"There are expenditure management initiatives that people will see. People will notice them," said Dexter.

He said the public told his government during a

winter of consultation that they don't want rapid slashing in the budget.

"What they said to us was ... you don't need to resolve it at one fell swoop."

As for taxation hikes — something the NDP promised not to do in an election campaign last summer — Dexter suggests the budget is looking for added revenues, but he is vague on details.

He stopped short of confirming speculation that there will be a two percent

age point hike in the harmonized sales tax, hinting at a combination of other revenue-raising methods.

The budget won't be all bad news, he said.

There will likely be continued "aggressive" spending on capital projects as the province partners with Ottawa on road, wharf and other infrastructure projects.

Dexter is blaming a \$525-million budget deficit his government is facing on the previous Conservative government.

"The past they (the Tories) created is dictating the future we have," the premier said.

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Local



Jail site list being narrowed down: Landry

It will likely be another two weeks before a decision is made on the location of a new correctional facility in Nova Scotia. Justice Minister Ross Landry, left, said his staff is almost finished narrowing down the list of possible sites. The Justice Department was looking at a total of seven sites, including four locations in Pictou County.

THE CANADIAN PRESS



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Man sought after exposing himself

SHEET HARBOUR Police are looking for a man who exposed himself to two young girls at a pool in Sheet Harbour Friday.

RCMP say two girls in their early teens were playing at the Sheet Harbour Consolidated School in the afternoon when they saw a man by the side of the pool. The man reportedly had his pants pulled down and was masturbating.

The girls ran away and called police. The man is believed to have left on foot. He is described as white, five feet, eight inches, 190 pounds, slightly balding with brown-blond hair. He was wearing a black windbreaker and black pants.

METRO HALIFAX

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What's online today.

Immigration As the U.S. girds itself for debate on immigration reform, Guidy Mammam compares their approach to Ottawa at metronews.ca/immigration

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Leaders mark day to end racism

HRP, elected officials reaffirm commitment to improve relations



ALEX BOUTILIER
for Metro Halifax

Pews were filled at the Cornwallis Street Baptist Church yesterday as community members, police officers, and elected officials came out to mark the International Day for the Elimination of Racial Discrimination.

Halifax Regional Police Chief Frank Beazley was on hand to reaffirm the force's commitment to improve race relations within the municipality.

"March 21 marks the anniversary of the 1960 Sharpeville massacre in South Africa, where peaceful demonstrators against Apartheid were wounded and killed," said Beazley. "Halifax Regional Police publicly ... declares our intention to work towards the elimination of racism in cooperation with all persons in the community we serve."

Const. Anthony Sparks addressed the congregation after Beazley. He said HRP has made and will continue to make race relations a priority in policing.

"I am currently employed with an organization that focuses on diversity and race relations, that has made deliberate attempts to bring back the idea of

cause was determined after a vehicle inspection, scene evidence and eyewitness accounts of the accident on Thursday.

Affleck says the victim was 37-year-old Michael St. Peter of Maccan, N.S.

St. Peter's wife, who was driving, and their 12-year-old son were taken to hospital, treated and released.

"Racism has no place in our community."

Mayor Peter Kelly

community policing," said Sparks. "This helps encourage officers to change their attitudes, their perspectives, their behaviours towards citizens and the way they do police work."

But Sparks noted that racial discrimination is not an issue specific to HRM or the HRP.

"The elimination of racial discrimination is not a local issue, but a global concern as well," he said. "Whether we live in Halifax, Nova Scotia or Sharpeville, South Africa, racial discrimination affects us emotionally, psychologically, as well as spiritually."

Mayor Peter Kelly, who was on hand for the service, said while HRM still faces many race-related challenges, he feels the municipality has made positive strides.

"Racism has no place in our community," said Kelly. "No community is perfect, we strive to do better each and every day ... we continue to make sure that all voices are heard, and we're working together for the betterment of the community."

The man was pronounced dead at the scene.

Investigators say the car swerved out of control, hit the shoulder and started rolling.

THE CANADIAN PRESS

Fatal accident result of blown tire: RCMP

INVESTIGATION RCMP say a car accident on Highway 102 near Truro that killed a Nova Scotia man last week was caused by a blown tire.

Sgt. Al Affleck says the

cause was determined after a vehicle inspection, scene evidence and eyewitness accounts of the accident on Thursday.

Affleck says the victim

was 37-year-old Michael St. Peter of Maccan, N.S.

St. Peter's wife, who was driving, and their 12-year-old son were taken to hospital, treated and released.

The man was pronounced dead at the scene.

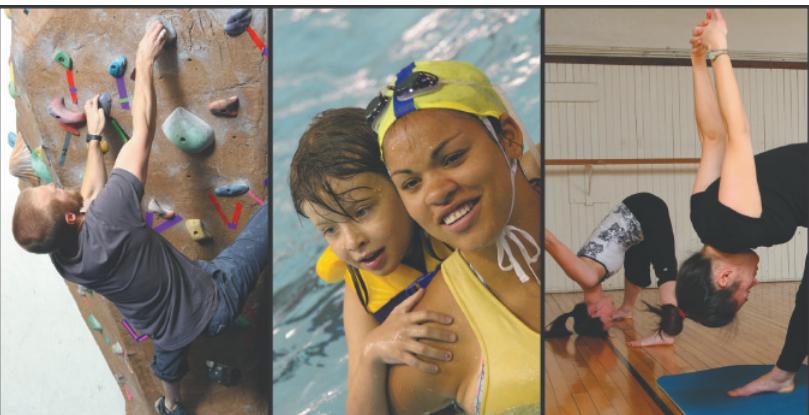
Investigators say the car swerved out of control, hit the shoulder and started rolling.

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News in brief

STREET RACING One man remains in hospital and another was charged with street racing after a car crash on Sackville Drive Friday morning. RCMP believe a Hyundai Tiburon and Mazda RX8 were at the intersection of Skyridge and Sackville Drive around 8 a.m. when both headed east at a high rate of speed. The 26-year-old male driver of the Hyundai lost control and rolled his vehicle. He was taken to the Cobequid Health Centre with non-life-threatening injuries.

The 37-year-old male driver of the Mazda was arrested and had his vehicle seized. He is scheduled to appear in Dartmouth Provincial Court on charges of dangerous operation of a motor vehicle while racing. As of last reports the other driver was still in hospital but RCMP say they will question him when he is released.

ARMED THEFT A bandana-clad man with a knife robbed the Subway Restaurant at 100 Main Street in Dartmouth Saturday night. At about 10 p.m. the suspect, believed to be a white male between 17-20, walked into the store, pulled out the knife and demanded cash. The clerk complied and the man ran off on foot. The Halifax Regional Police general investigation section is handling the investigation.

ROBBERY Cooks Rite Stop on Sackville Drive was robbed for the second time this month, early Friday. Police say shortly after 4 a.m. a security alarm went off at the store. RCMP and the owner arrived on scene within minutes but the robbers were already gone. Security tapes show three people entered the store with their heads covered and stole cigarettes and cigars.

On the night of March 6 thieves broke open the front door of Cooks and also stole cigarettes.

METRO HALIFAX

Educate yourself on water conservation

Clean Nova Scotia is celebrating World Water Day today with an exhibit on water conservation at Bedford's Sunnyside Mall. From 9 a.m. to 3 p.m., the organization will display their various water conservation and protection programs and give out free reusable water bottles. **METRO HALIFAX**

Group opposing Africville deal

Spokeswoman alleges Genealogy Society vote to OK settlement was invalid

ALEX BOUTILIER
for Metro Halifax



A group of people dissatisfied with the Africville reparations deal is attempting a legal challenge.

Spokeswoman Denise Allen told Metro Halifax Thursday the group has instructed its lawyer, Robert Miedema, to file an injunction against the reparations deal negotiated between HRM and the Africville Genealogy Society.

Allen said the Genealogy Society does not represent the people of Africville.

"(The injunction is) against the whole notion of the Genealogy Society board of directors claiming that they have the authority to enter into this type of legal agreement," she said. "This (deal) was all pre-arranged behind (former Africville residents') back, without their knowledge, without their approval."

When contacted by Metro, however, Miedema said no injunction had been filed from his office, and he could not comment on whether one would be filed in the future.

The deal, announced last



Denise Allen poses for a photo on the former site of the Seaview African United Baptist Church in Africville last Thursday. Allen is part of a group mounting a legal challenge to the Africville compensation deal announced last month.

month along with an official apology from Mayor Peter Kelly, includes \$3 million towards the re-construction of the Seaview African United Baptist Church and the construc-

tion of an interpretive centre.

Allen said she doesn't take issue with any one specific part of the settlement; she said she'd accept whatever the people of

Africville decide upon, even if it is the settlement currently on the table.

"At least I would have known that it came from the people of Africville, and not dictated to the

"This (deal) was all prearranged behind (former Africville residents') back, without their knowledge, without their approval."

Denise Allen, spokeswoman

people of Africville," she said.

Allen also alleges that the vote to approve the deal, held by the Genealogy Society in an information session closed to the public, was invalid. Genealogy Society president Irvine Carver denies that claim.

"We held a meeting and the majority of the people supported the settlement," said Carver. "A full 80 per cent of the people there put up their hands in support of (the deal) without hesitation."

Carver said the Genealogy Society is proceeding with the development.

"We're clear in our direction and we will be moving ahead with the rebuilding of the church and the building of the interpretive centre," he said.

Pair facing charges of identity theft

CRIME Two people are facing dozens of charges including identity theft after attempts to open accounts at two Halifax-area banks aroused the suspicions of staff.

Police were called to the banks in Dartmouth last week and arrested a man and a woman, who were charged with uttering forged documents.

A further investigation led to additional charges including identity theft, laid out in new provisions of the Criminal Code that were enacted in January.

These are believed to be the first charges laid under those new provisions in Nova Scotia.

Police say Benoit LeMaire of Verdun, Que., faces a total of 46 charges including identity theft, possession of identity information for fraudulent purposes, possession of forged documents and uttering forged documents.

Jennifer Perrault of Oshawa, Ont., faces a total of 11 charges including identity theft, uttering forged documents and fraud by other means.

Police say the two appeared in provincial court and were remanded until another court appearance tomorrow.

THE CANADIAN PRESS

Archdiocese tightens rules for staff dealing with youth

PAUL MCLEOD
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CONDUCT The Archdiocese of Halifax is toughening up its rules on priests and staff members dealing with children.

Mandatory police checks, banning of corporal punishment and avoiding one-on-one scenarios are all being introduced.

The new rules for Halifax and the diocese of Yarmouth were drafted by

Archbishop Anthony Mancini in response to the sex-abuse scandals that have arisen across the province. Some changes were required by the church's insurance company.

Some new clauses state the obvious ("all physical contact between staff or volunteers and children, youth or vulnerable adults is to be completely non-sexual"), while others mark new developments for the church.



Anthony Mancini

Starting now, any staff member who comes in contact with youth will need to undergo a criminal-record check.

Priests and staff are urged to pair up to avoid anyone being left alone with a youth. When one-on-one meetings must take

place, such as for catechism instruction, they are to take place in rooms open to public view.

The 36-page "Responsible Ministry and Safe Environment Protocol" was designed in consultation with a professional PR firm, according to a letter from Mancini to all members of the archdiocese.

"Since last November, I have consulted with clergy, religious and laity of our church for their reactions, insights and recom-

mendations," reads Mancini's letter dated March 15.

"Consistently, the messages I have received have been a call for a more transparent, open and accountable church."

The new protocol comes after former Antigonish bishop Raymond Lahey was charged with possession of child pornography after having his laptop confiscated while re-entering the country in September.

Lahey's trial is scheduled for April 2011.

Suspect wanted after car hits house

CRASH Police in Cape Breton are searching for a suspect after a car drove into the front of a house.

The incident happened Saturday around 6:30 a.m. in New Waterford.

There were three people inside the home at the time, but no one was hurt.

The house, however, suffered significant damage.

A man believed to be in his 20s was seen fleeing the scene.

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A 28-year-old man suspected of hijacking a van at knife-point was arrested after crashing the vehicle southeast of Barrie, Ont. He will appear in court today on numerous charges. **THE CANADIAN PRESS**

Canada/World

UN to cut Kandahar staff

Growing levels of violence in Kandahar, and the prospect of more to come with NATO's unfolding offensive in the area, has prompted the UN and other relief organizations to step out of the way.

The UN is in the process of cutting its foreign staff level in the southern city as part of a security review, said Susan Manuel, a spokeswoman for the UN mission in Kabul.

"There has been a temporary reduction," Manuel said. "We're trying to determine the profile of the staff, or who needs to be there doing what."

Last week, NATO's top commander in Afghanistan,

Scaling back

- Over 100 people work at the UN in Kandahar.
- Thirty-seven are foreigners, the rest are locals.
- Staff cuts will only affect foreigners.

U.S. Gen. Stanley McChrystal, declared the operation to root out insurgents in Kandahar was underway.

But rather than opening with a D-Day-like assault as in Marjah, he said the offensive in Kandahar would be rolled out in stages.

Manuel said the UN security review is a response to the overall situation in Kandahar, which is the Tal-

iban's spiritual home. A series of co-ordinated bombings in the city on March 13 and 14 left 35 people dead and scores wounded.

But a senior Canadian officer in charge of battle operations said he believed the concerns are misplaced and despite their spectacular nature, the recent Taliban assaults were failures.

"They didn't achieve what they wanted to achieve," said Lt.-Col. Roch Pelletier, referring specifically to the attack and attempted breakout at Sarpoza.

"All it's done this time, according to me anyway, is that they killed their own people."

THE ASSOCIATED PRESS

Another B.C. avalanche kills 2 skiers

BRITISH COLUMBIA A third deadly B.C. avalanche has killed two French skiers as they were coming down a mountain in Wells Gray provincial park on Saturday after being dropped off by helicopter.

The Valemount RCMP said three skiers were buried, two of them, men aged 65 and 19, were killed.

The third man was rescued without injuries. They were part of a group of 10 skiers.

The dead men were found with the help of avalanche beacon locators but they were unconscious and couldn't be resuscitated, the RCMP said. Their families have requested their names not be released. **THE CANADIAN PRESS**

B.C. Luger gone, not forgotten



Prime Minister Stephen Harper stops at a memorial for Georgian luger Nodar Kumaritashvili prior to the closing ceremonies of the 2010 Paralympic Games in Whistler yesterday. Kumaritashvili was killed during a training day at the 2010 Olympics. The head of the Vancouver Olympic organizing committee, John Furling, is set to attend a service for the luger tomorrow in Georgia.

U.S. Congress OK's health-care bill

Summoned to success by U.S. President Barack Obama, the Democratic-controlled Congress approved historic legislation last night extending health care to tens of millions of uninsured Americans and cracking down on insurance company abuses, a climactic chapter in the century-long quest for near universal coverage.

Widely viewed as dead two months ago, the Senate-passed bill cleared the House on a 219-212 vote, with Republicans unanimous in opposition.

Congressional officials

said they expected Obama to sign the bill as early as today. A second measure — making changes in the first — was lined up for passage later in the evening. That measure would go to the Senate, where Democratic leaders said they had the votes to pass it. Crowds of protesters outside the Capitol shouted "just vote no" in a futile attempt to stop the historic vote taking place inside a House packed with lawmakers and ringed with spectators in the galleries above.

Across hours of debate, House Democrats predict-

ed the central bill, costing \$940 billion over a decade, would rank with other great social legislation of recent decades.

"We will be joining those who established Social Security, Medicare and now, tonight, health care for all Americans," said Speaker Nancy Pelosi, partner to Obama and Senate Majority Leader Harry Reid in the gruelling campaign to pass the legislation.

"This is the civil rights act of the 21st century," added Rep. Jim Clyburn, the top-ranking black member of the House.

THE ASSOCIATED PRESS

Internet fuels illegal wildlife trade: Officials

ANIMALS The Internet has emerged as one of the greatest threats to rare species, fuelling the illegal wildlife trade and making it easier to buy everything from live baby lions to wine made from tiger bones, conservationists and law enforcement officers said yesterday.

The web's impact was made clear at the meeting of the 175-nation Convention on International Trade in Endangered Species, or CITES. Delegates voted overwhelmingly Sunday to ban the trade of the Kaiser's spotted newt, which the World Wildlife Fund says has been devas-

tated by the Internet trade.

A proposal from the United States and Sweden to regulate the trade in red and pink coral — which is sold extensively on the web — was defeated. Delegates voted the idea down mostly over concerns the increased regulations might impact poor fishing communities.

Trade on the web poses "one of the biggest challenges facing CITES," said Paul Todd, a campaign manager for the International Fund for Animal Welfare. **THE ASSOCIATED PRESS**

News in brief

ERUPTION A volcano erupted near a glacier in southern Iceland, shooting ash and molten lava into the air and forcing the evacuation of nearby villages. There were no reports of injuries or damage from the Eyjafjallajokull volcano, but a state of emergency was declared and scientists feared the eruption could trigger a larger and more dangerous eruption. **THE ASSOCIATED PRESS**



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Comment & Views

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Comment

Easy to find sources of inspiration

UrbanScrawl

Christina Carew

theurbanscrawl@gmail.com

"I'll admit, I've often stopped myself on the way to a goal or dream because I've thought, 'How can I possibly do this on my own.' Last week, two people opened my eyes

to what you can do when you set your mind to it.

Mary-Eleanor Walker decided one day over tea with a friend that she was going to trek Mount Everest in Nepal. She was inspired by the story her friend shared from a Joints in Motion marathon experience and decided she would raise \$10,000 for arthritis.

A novice trekker, Walker knew she needed to do it for her grandma, who suffered from arthritis and was a source of inspiration

for her.

Walker decided to take a unique approach to fundraising. She rounded up her mom, grandmother and sister, and the foursome started crocheting her way to Everest. She's raised nearly \$6,000 from the sale of Cozy Cappers.

The \$15 handmade customizable hat is not only bringing her family closer together but also raising money for a cause that is important in their lives. Her hats are available by

joining the Facebook group, "I am a supporter of Future Everest Trekker — Mary-E!"

Jeff Maldaver is a 23-year cancer survivor. His encounter with cancer changed the way he lived. It opened his eyes to new people and new ideas that were sprouting in Halifax alongside the rest of the world — from macrobiotics to alternative therapies; ways that we can help our bodies heal from cancer and avoid it. When he learned about

preventcancernow.ca, it resonated with him.

Maldaver teamed up with medicinal herbalist Savayda Jarone in bringing the fourth annual Cancer Prevention Series to life in Halifax. The series is held at the Westin Hotel every Tuesday at 7 p.m. until April 27. Each practical and informative session is unique from the next and is lead by a series of health professionals and environmental advocates. Having attended last week, I can as-

sure you that it will change your life and, if you take action, may even save it.

Both Walker and Maldaver are two of many examples of people in our community who are working hard to make a difference for someone else. It's amazing what you can do when you set your mind to it. Inspired yet? I know I am.

Christina Carew is a member of FUSION Halifax. Visit FUSIONHalifax.ca to find out how you can get involved to help make Halifax a better place to live, work and play.

Views

You never know what you've got till it's gone

HineSight

Anne Hines

metronews.ca/hinesight

Andres, Jim, Giuliano. Lately I've been seeing a lot of men. This can only mean one of two things — a) My 19-year-old daughter is home from university; b) I've entered the world of home renovations.

Yes, Liz and I are renovating. Every day our house is full of men. I never know when they'll show up. I never know what they'll want to do. It's like I'm running a

brothel. Except that the length of time they spend is way longer and I have to pay them. So, really, it's like I'm running a bad brothel.

I now understand "worker speak." For instance, "I don't know why the last guy did it like that" means, "Whatever happens isn't my fault ... but if it works out, I'm a hero."

And I participate hourly in conversations like:

Me: We'd like the dishwasher over there.

Contractor: Oh, it can't go there.

Me: But there's one there now.

Contractor: I don't know why the last guy did it like that.

So what's the one thing

we can do when life hands us a frustrating situation? Whine to anyone who will listen, of course. But, also, try to pass on what you've learned. Here's my renovating wisdom.

Before you start any renovation, ask yourself: Am I really ready for this?

Answer: No. You're not. Wasn't that easy?

Post photos around your home of fabulous buildings such as the Taj Mahal to serve as inspiration. Not because this is how your place will look, but to remind you of how long it's likely going to take to complete.

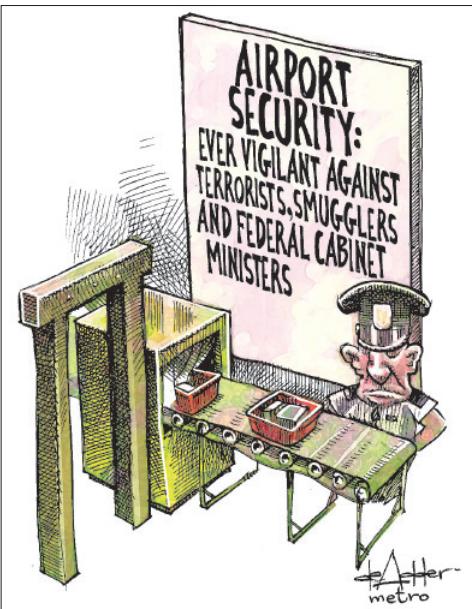
Trust the adage, "You never know what you've got till it's gone." So far, for Liz and I, this has applied to run-

ning water and electricity.

Sometimes dreams have to be rethought. Three months ago, Liz and I dreamed of having a beautiful kitchen. Now we dream of not having a stove in the middle of our eating area.

Remember, renovations are like living. There's no such thing as a schedule. Kindness beats out yelling every time. And the point when everything is lying in a heap of rubble on the floor is also the point when rebuilding can begin. Whether it's a beautiful new kitchen, or a wonderful new life.

Anne Hines is an author and humour writer. She has written three novels and one collection of nonfiction humour.



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Barrick Gold expects \$834M from IPO of African divisionToronto-based Barrick Gold Corp. expects that an initial public offering for a quarter stake in its African properties will reap \$834 million US. **THE CANADIAN PRESS**

Business

EDITOR: FERMIN.DESOUZA@METRONEWS.CA

Preparing for parity

Small exporter's foresight paying off as loonie climbs

Parity preparations that began at Craig McIntosh's small Manitoba plastics business a decade ago have positioned the company to gain from a soaring loonie because it now buys more from the U.S. than it sells there.

The loonie closed at 98.39 cents US Friday afternoon after a week of anticipation about when it would hit parity.

At Winnipeg-based Acrylon Plastics Inc., where McIntosh is president and CEO, preparing for parity included upgrading equipment to increase productivity, cutting costs, revamping its market focus and changing the way it managed finances.

Since 2003, McIntosh has reversed an export-oriented business that shipped 70 per cent of its plastics to the U.S. and sold 30 per cent at home. Last year, the company sold 65 per cent of its products in Canada and shipped only 35 per cent south of the border.

"Now we're a net buyer



Economists have predicted that an at-par Canadian dollar could spell disaster for small- and medium-sized exporters.

from the U.S. as opposed to a net seller," McIntosh said. "We're coming out ahead as (the dollar) is moving to parity."

Acrylon, which has five plants in the Prairies and 225 employees, produces plastic parts for four diverse markets — windows, farm machinery, buses and playground equipment.

The company has also reduced its exposure to currency fluctuations by simplifying its finances. Cus-

tomers once paid Acrylon in U.S. funds, which it then converted into Canadian funds that it paid to suppliers, who were converting it back into American dollars.

Since 2004, the company has reduced the amount of business it conducts in U.S. funds from 70 per cent to 40 per cent. In doing so, it has created what economists call a natural hedge against currency fluctuations.

THE CANADIAN PRESS

Sale of Nortel networking divisions final

INSOLVENCY Nortel Networks Corp. says chief restructuring officer Pavi Binning will step down now that the sale of its optical networking and ethernet businesses to Ciena Corp is complete.

The company said Friday that Ciena has elected to pay an all-cash purchase price of approximately \$774 million US for the businesses.

Nortel said 2,000 of its employees will continue to work for Ciena.

Binning, also Nortel's chief financial officer and executive vice-president, said he will leave the insolvent company effective yesterday now that it has sold its main businesses.

THE CANADIAN PRESS

In brief

FEES TMX Group Inc. says it will reduce its trading fees for securities trading at \$1 or higher on the Toronto Stock Exchange and the TSX Venture Exchange.

THE CANADIAN PRESS



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Bangladesh	3.9 ¢	Lebanon	9.9 ¢	Iraq	4.9 ¢
Barbados	9.9 ¢	Libya	24.9 ¢	Israel	2.9 ¢
Chile	2.9 ¢	Nepal	7.9 ¢	Italy	2.9 ¢
China	2.9 ¢	Oman	14.9 ¢	Russia	2.9 ¢
Ecuador	12.9 ¢	Fiji	24.9 ¢	Saudi Arabia	3.9 ¢
El Salvador	9.9 ¢	Ghana	9.9 ¢	South Korea	2.9 ¢
Jamaica	8.9 ¢	Greece	2.9 ¢	Sri Lanka	11.9 ¢
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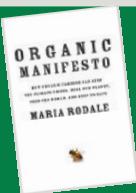
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Going Green

EDITOR: BEN.RYCROFT@METRONEWS.CA



Organic Manifesto

The Organic Manifesto examines the unholy alliances that have formed between the chemical companies that produce fertilizer and genetically altered seeds and how the agricultural educational system that is virtually subsidized by those same companies. METRO NEWS SERVICES

Counting down to our Earth Hour



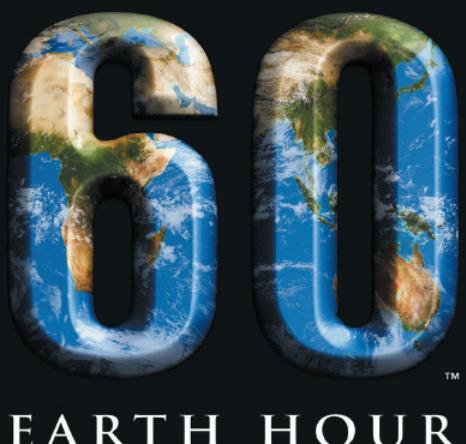
This coming Saturday, from 8:30 to 9:30 p.m. local time, more than a billion people will be turning off their lights to help save the global environment.

Earth Hour — an annual awareness-raising event promoted in dozens of countries by the World Wildlife Fund — is becoming one of the biggest environmental movements in history, according to its Canadian project manager, the WWF's Tara Woods.

"What's really exciting about working on this



More than 220 Canadian cities are participating in Earth Hour.



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Halifax had a slight decline in energy use during 2009's Earth Hour.



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Earth Hour contest

- Submit an Earth Hour video or photo essay to wwf.ca, and you could win a trip to Churchill, Man., to see first-hand the effect of climate change. Contest closes Thursday.

project is that Canada usually comes out in the top three countries, worldwide," she enthuses. "For the past two years, more than half of all adult Canadians have participated in this event."

For 2010, more than 220 Canadian cities are actively promoting Earth Hour, encouraging citizens and local businesses to get involved.

Critics have charged the amount of energy saved in a single hour is negligible, and power use rises dramatically as soon as Earth Hour ends. Woods sees a larger purpose for this ever-expanding event.

"It's definitely not about the power we save in that hour," she says. "It's about making a strong, symbolic statement, and then taking that message to see what each of us can do – every day – to help live lighter on the planet."

A lightbulb here, a parked car there, times a billion people. For Woods, this is an ongoing project, rather than a single event.

"I think, overall, we hear about doom-and-gloom environmental issues, and wonder how one person can make a difference?" says Woods. "I might drive a hybrid and have all energy-efficient appliances, and look out the window and see my neighbour driving to work in his Hummer. But that's where the beauty of Earth Hour comes in. It's very positive, celebratory and inclusive. It's all about people making it their own."

And while the event has grown exponentially since debuting in Sydney, Australia just three years ago, Woods looks forward to a time when Earth Hour won't be anything special at all.

"I think the best-case scenario is we get to a point where we don't need events like this because everybody is so tuned in to what we can do every day."

Way to GO!

You moved mountains and moguls
in your quest for the podium.



Getty Images

Congratulations to the 2010 Canadian Olympic and Paralympic athletes.
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who have helped us raise over \$15 million to support Canadian athletes, we thank you.



The Truro Bearcats have a 2-0 lead on the Pictou County Weeks Crushers in the Maritime Junior A Hockey League's best-of-seven Bent Division final. The Bearcats won 7-6 on Saturday and 3-1 last night. Former Halifax Mooseheads forward Yuri Cheremietiev had two goals and two assists for Truro. **METRO NEWS SERVICES**

Truro goes up 2 on Pictou

Sports

EDITOR: DON.MCHOUILL@METRONEWS.CA



University of Saskatchewan Huskie Showron Glover, left, kisses the W.P. McGee Trophy with teammate Michael Linklater after the Huskies defeated the UBC Thunderbirds for the CIS Men's Basketball Championship 91-81 in Ottawa yesterday.

Saskatchewan captures first CIS hoops title

BASKETBALL The Saskatchewan Huskies have their first Canadian Interuniversity Sport men's basketball title.

Fuelled by a phenomenal 29-point, 10-assist, seven-steal effort from all-Canadian guard Showron Glover, the underdog, fifth-seeded Huskies beat the No. 2-ranked British Columbia Thunderbirds 91-81 last night in the championship game of the Final 8 at Scotiabank Place in Ottawa.

It was the T-Birds' second straight loss in the national final.

"People doubted us ... Everybody doubted us," Glover told TSN afterward after stripping his jersey off in celebration. "They had us seeded fifth ... Who

No. 1

"Everybody doubted us ... They had us seeded fifth ... Who No. 1 now?"

Showron Glover

now?"

T-Birds point guard Josh Whyte, named CIS player of the year last week, was held to 18 points.

The Huskies knocked off the No. 1-ranked defending champion Carleton Ravens in Saturday's semifinals.

Huskies head coach Greg Jockims was a head coach of the Cape Breton Capers from 1994 to 1998.

The Capers, meanwhile, finished fifth after losing 82-74 to the Calgary Dinos in Friday's quarterfinals. They beat the Lakehead Thunderbirds 87-65 on Saturday and the Windsor Lancers 95-92 in overtime yesterday.

The Final 8, which has been held in Ottawa the past three years, returns to the Metro Centre in Halifax for 2011 and 2012.

MATTHEW WUEST/METRO HALIFAX



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Sports in brief

QMJHL The P.E.I. Rocket have taken a game from the Saint John Sea Dogs as they head back home in the first round of the QMJHL playoffs. The Rocket beat the Sea Dogs 6-3 on Saturday night in New Brunswick to draw even at one game apiece in the best-of-seven series. The Sea Dogs won Game 1 on Friday 8-3. North Sydney's Michael Kirkpatrick, a former Dartmouth Subways star, is one of the leading scorers after opening weekend.

topping the Sea Dogs with a goal and four assists in two games. The Rocket-Sea Dogs series resumes tomorrow in Charlottetown. The Moncton Wildcats, meanwhile, have grabbed a 2-0 lead over the Cape Breton Screaming Eagles. That series resumes tomorrow in Sydney. The Wildcats also learned on the weekend forward Scott Trask will serve a 15-game suspension for a hit to the head.

MATTHEW WUEST/METRO NEWS SERVICES



Another top 5 for Conrad

Dartmouth's Sarah Conrad placed fifth in the women's half pipe at the final World Cup snowboard event of the season in La Molina, Spain, on Saturday. The two-time Olympian heads to the Canadian championships this coming weekend in Stoneham, Que.

METRO NEWS SERVICES

Rainmen bounce back

Convincing defeat of first-place Puerto Rico builds confidence

MATTHEW WUEST
matthew.wuest@metronews.ca

Call it a technical knockout of the Premier Basketball League's heavyweight champions.

The Halifax Rainmen ended a three-game slump with a convincing 106-94 victory over the first-place Puerto Rico Capitanes in a physical, hard-fought Premier Basketball League affair before a record crowd of 4,966 at the Metro Centre yesterday.

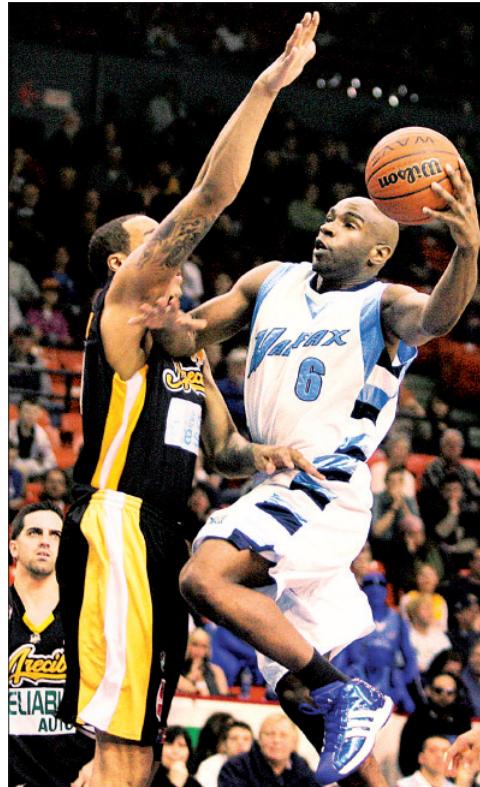
A whopping nine technical fouls were called, but the Rainmen made the Capitanes pay on the last one, taking advantage of a late-game blowup from Andres Rodriguez to turn a five-point advantage into an 11-point lead with just 2:52 remaining.

"We wanted to test ourselves and see where we're at in the league," said Rainmen point guard Gary Ervin, who piled up a team-high 23 points.

"We knew we were a good ball club, we let three tough games slip away, and we just wanted to come home and play a great game."

The Rainmen, who had lost their three previous games on the road and in overtime, outscored the Capitanes in all four quarters. Five players hit double-figures, with Tony Bennett hitting 17, Desmond Ferguson knocking down 15, Eric Crookshank 11 and newcomer Larry Turner 10.

"We needed that," said



Halifax Rainmen guard Garry Gallimore goes up for a shot against Puerto Rico Capitanes centre Courtney Sims during the second half of yesterday's PBL game at the Metro Centre. The Rainmen beat the Capitanes 106-94.

Rainmen forward Marc Mazur, who hit a huge three-pointer with 3:40 to go.

"We'd gone from being a league leader to just fighting for a playoff spot. We

looked at today as a playoff game. We can turn this thing right back around."

The Rainmen, who are the worst free-throw shooting team in the league, knocked down a surprising

Knocked off

With yesterday's loss to the Halifax Rainmen, the Puerto Rico Capitanes have fallen out of first in the Premier Basketball League. The Lawton-Fort Sill Cavalry improved to 15-2 yesterday with a 117-83 victory — their 12th straight — over the Rochester RazorSharks to move ahead of the Capitanes, 14-3. The third-place RazorSharks, meanwhile, fell to 12-4, while the Rainmen hold down fourth spot at 10-5, just ahead of the Vermont Frost Heaves, 9-7. The Cavalry and Capitanes have already clinched playoff spots.

35-of-43 from the stripe, including 18-of-19 in the fourth quarter to remain unbeaten (8-0) at home.

"That was the biggest thing," Ervin said. "Coach harped on it all week. Free throws, free throws, free throws and it showed today."

Puerto Rico was assessed five of the nine technicals and was whistled 37 times to Halifax's 22.

"We just didn't think the game was getting called fair," said Capitanes star Courtney Sims, who spent time in the NBA the past two seasons.

But Sims conceded that the key play of the game — when Rodriguez slammed the ball on the floor in disgust — was deserved.

"We can't do that stuff no matter how bad we think the calls are," he said.

Cheverie a finalist for top NCAA hockey honour

HOCKEY Cole Harbour's Marc Cheverie is closing in on college hockey's top honour.

The 23-year-old Denver Pioneers goaltender has been named one of 10 finalists for the Hobey Baker Award as the top player in NCAA Division I men's hockey.

Cheverie, in his junior season, has already been named player of the year for the Western Collegiate Hockey Association after leading the nation in wins (24), save percentage (.937) and shutouts (six).

Frozen Four

The final three finalists for the Hobey Baker Award will be announced on March 31, while the winner will be named on April 9 during the NCAA Frozen Four in Detroit.

He had a 24-4-3 overall record and helped the Pioneers finish as the country's top-ranked team.

He was a seventh-round pick (193rd overall) in the 2006 NHL draft.

"Marc is a talented

prospect, who has had an exceptional season for Denver this year," Panthers general manager Randy Sexton said in a press release.

"Through his on and off ice commitment and work ethic, he has helped his club rise to the top ... We have, and will continue to, closely monitor his development and progress and look forward to the possibility of Marc playing for the Florida Panthers in the future."

MATTHEW WUEST/
METRO HALIFAX



Cole Harbour's Marc Cheverie leads U.S. college hockey in wins, save percentage and shutouts.

Nathan out for season

Minnesota Twins closer Joe Nathan will miss the entire 2010 season because of an elbow injury that will require surgery. Nathan leads the major leagues with 246 saves since 2004. **THE ASSOCIATED PRESS**

Tiger: 'It was all me'

Tiger Woods acknowledged "living a lie," saying he alone was responsible for the sex scandal that caused his downfall and that no one in his inner circle was aware of his misdeeds.

"It was all me. I'm the one who did it. I'm the one who acted the way I acted. No one knew what was going on when it was going on," Woods told The Golf Channel in one of two interviews last night.

A second one was aired on ESPN.

"I'm sure if more people would have known in my inner circle, they would have stopped it or tried to put a stop to it. But I kept



Tiger Woods, right, speaks with ESPN's Tom Rinaldi near Woods' Florida home during an interview that aired last night.

it all to myself," he said.

Answering questions on camera for the first time

since his early-morning car crash last November, Woods again provided few

details about the crash, his marriage or much of his private life.

"A lot has transpired in my life. A lot of ugly things have happened. I've done some pretty bad things in my life," he told ESPN.

But he did admit to being nervous about how he'll be received when he returns to golf next month at the Masters.

"It would be nice to hear a couple claps here and there," he told ESPN.

Woods plans to end more than four months of seclusion and play at Augusta National, one of the most tightly controlled environments in golf.

THE ASSOCIATED PRESS

Mauer staying put with \$184M deal

MLB Joe Mauer is staying home.

The AL MVP agreed to an eight-year, \$184-million US contract extension with Minnesota yesterday that includes a full no-trade clause, a massive deal that shows the Twins are no longer a frugal small-market club.

The deal covers the 2011-2018 seasons and is the fourth largest — both in total value and average salary — in Major League history. Starting next season, the all-star catcher will make an average of \$23 million per season.



Joe Mauer

Mauer, who has won three AL batting titles and is considered one of the best defensive catchers in the game, was entering the final year of his current contract.

Even though both he and the Twins insisted all along that he would be staying in Minnesota, Twins fans were growing more nervous by the day

as negotiations dragged on. But agent Ron Shapiro and Twins brass eventually worked out the deal, ensuring the hometown favourite wouldn't get lured away by one of the many big spenders.

Then the Twins, who have steadily increased their spending in recent seasons as they prepared to open Target Field in 2010, came through with a staggering package.

The \$184-million total worth is fourth behind two deals signed by Alex Rodriguez — the \$275-million deal with the Yankees signed in 2008 and a \$252-million contract signed with Texas in 2001 — and Derek Jeter's \$189-million deal, signed with the Yankees in 2001 and expiring after this season.

The Minnesota native was the No. 1 overall pick by the Twins in 2001 and quickly emerged as a fan favourite.

THE ASSOCIATED PRESS

Record medal haul for our Paralympians

VANCOUVER It was a golden finish to Canada's best Winter Paralympics ever.

Brian McKeever of Canmore, Alta., won his third gold medal on the last day of the Paralympics yesterday with a victory in the one-kilometre cross-country sprint for the visually impaired.

It was an emotional victory for the legally blind skier who came into the Paralympics feeling the frustration of being denied the chance to race at the Olympics.

"We're very satisfied with how it went," said McKeever, who races with his brother Robin acting as guide.

"Especially with the whole Olympic fiasco, it was nice to come back and erase the bad memories of this place and have a fun moment at the end."

McKeever's win upped Canada's gold medal count to 10, the country's best at any Winter Paralympics. The previous high was the six won at the 2002 Salt Lake Games.

The overall medal count

PARALYMPIC 2010 Games

of 19 (10 gold, five silver and four bronze) is the country's best Winter Paralympic haul. Canada won 15 medals at a Paralympics twice, in 2002 and 1998 in Nagano.

Canada also achieved its goal of finishing in the top three countries in gold medals won.

The International Paralympic Committee ranks its medal table according to gold medals.

Germany topped the standings with 13 gold among its 24 medals. The Russian Federation was next with 12 gold and 38 medals.

Skier Lauren Woolstenhulme was chosen as Canada's flag-bearer at last night's closing ceremonies in Vancouver.

During the week she just didn't win her races, she crushed the competition. She won Saturday's super-combined race by nearly 12 seconds.

THE CANADIAN PRESS

Sports in brief

PARALYMPICS A Swedish wheelchair curler has been banned for two years after failing a doping test. Glenn Ikonen says he didn't know the blood pressure medication he was taking was on the banned list. Ikonen, who was to throw the rocks in Friday's match against Italy, said he was disappointed his doctor gave him medication that was on the banned list. He said he'd been taking it for three years,

but wasn't tested prior to the 2009 world championship, where Sweden won silver. The team manager said he didn't believe there was any performance boost that could be attributed to the drug. The Swedes beat Italy 6-5 and went on to earn bronze by topping the United States 7-5 Saturday.

SOCER Liverpool manager Rafa Benitez acknowledged "it will be more difficult" to qualify for the Champions

League after losing at Manchester United. Liverpool lost 2-1 at Old Trafford yesterday to fall four points behind fourth-place Tottenham for the last qualifying berth despite having played one game more. Fernando Torres gave Liverpool an early lead, but Wayne Rooney equalized soon after and Park Ji-sung scored Manchester United's game winner in the second half.

THE ASSOCIATED PRESS

SCOREBOARD

NHL

YESTERDAY'S RESULTS

Minnesota 6 4 Calgary 3
Atlanta 3 Philadelphia 1
Boston 2 N.Y. Rangers 1
Buffalo 5 Carolina 3
Florida 5 Tampa Bay 2
Nashville 3 St. Louis 2
Phoenix 3 Dallas 2 (SO)
San Jose at Edmonton
Colorado at Anaheim

NCAA

MEN'S BASKETBALL YESTERDAY'S RESULTS

West Virginia 68 Missouri 59
Cornell 87 Wisconsin 69
Syracuse 87 Gonzaga 65
Purdue 63 Texas A&M 61 (OT)
Ohio State 75 Georgia Tech 66
Michigan State 85 Maryland 83
Xavier 71 Pittsburgh 68
Duke 68 California 53

The Pew Research Centre offers a 14 question quiz that tells you where you rank on the generational timeline, from the Silent Generation to the Millennial Generation. The higher a person's score on the quiz, the more the person relates to Millennials. METRO NEWS SERVICES

Quiz reveals how Millennial you are

Workology

EDITOR: DOUGLAS.DUNLOP@METRONEWS.CA

McGill top Canadian university

McGill University has been named the top university in Canada in U.S. News & World Report's World's Best Universities rankings, published last month. McGill is also the top Canadian institution for life sciences and biomedicine. The University of Toronto is the highest-ranking Canadian university for arts and humanities, engineering and IT, and natural and physical sciences. The University of British Columbia places first among Canadian institutions for social sciences.

METRO NEWS SERVICES

The one who dresses hockey heroes

OddJobs

Diane Peters

Metronews.ca/oddjobs



Gus Thorson is an equipment manager with the NHL's Calgary Flames.

ike so many Canadian boys, Gus Thorson of Calgary grew up playing hockey.

He had no idea he'd make a career of it.

Thorson played goal and quit the game at 17 — he's now 50 — since he simply wasn't that good.

But his friends were, and they played on the University of Calgary team while he was studying physical education there. The team needed some trainers — people to care for equip-

ment, do first aid and help out in the locker room — and they encouraged Thorson to volunteer.

Two years later, the Calgary Canucks of the Alberta Junior League had issues with one of their trainers while going into the play-

offs and called on Thorson. He ended up staying for the entire next season too. And he realized that this was something he could do as a real job.

"The more I did it, the more I learned. The more I learned, the more I liked

it. There's lots worse places you can spend your time than in a hockey rink."

After graduation, Thorson got a paid job in Victoria, then Moose Jaw. Back in Calgary, he began splitting his time between

The Lowdown

Job Title: Equipment manager

Salary: \$70,000 to \$150,000

Education/training:

Knowledge of first aid, but mostly learned on the job

Best Part of the Job: "I meet so many good people."

Worst Part of the Job: "Being away from my wife and kids."

Thorson works with four other trainers: They're all in by around 7 a.m. most mornings. If the players are to skate at 10:30 a.m., that gives them time to stock the bench with socks, jerseys, pads, tape and water bottles. Then there are skates to sharpen, sticks to organize and last-minute repairs to do.

Then, it's cleaning up after a practice. On game days, the locker room must be stocked by 4:30 p.m. Before a road trip, there's packing to do.

And while his wife and kids get to see the Flames whenever they like, they don't see much of him until summer.

Diane Peters once hawked magic pens at the Canadian National Exhibition. She's now a writer and part-time journalism instructor.

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No surgery for Heidi

Heidi Montag — who famously underwent 10 plastic surgery procedures in one day — won't be going under the knife anytime soon. She wants bigger breasts, but on The Tonight Show With Jay Leno said: "I legally can't right now. The limit is 800cc and I have 700cc." [USMAGAZINE.COM](#)

Entertainment

EDITOR: DEAN.LISK@METRONEWS.CA

Return of Rosie

Rosie O'Donnell is planning to develop a new talk show, according to the Hollywood Reporter. She is targeting fall 2011 for the debut — around the same time that Oprah Winfrey will take her final bow. [PEOPLE.COM](#)

The music video is reborn

The Internet allows artists to share content directly with fans

MuchMusic and MTV may have given up on the music video, making it an endangered species on television, but if Lady Gaga's new video is an accurate barometer of audience interest, the art form is here to stay, albeit on a new platform.

And the artists who never lost faith in the music video couldn't be happier.

Telephone, featuring Beyoncé, hit the Internet with a deafening blast of buzz and surges of traffic last Thursday and quickly amassed millions of views.

The clearly expensive nine-and-a-half minute video is reminiscent of Michael Jackson's Thriller in its epic scale and its slick production values and pops of eye candy have been

compared to Quentin Tarantino's handiwork.

About a week later, the video has now been viewed well over 20 million times at YouTube and the music video website Vevo.

"A lot of people conflate the fact that videos disappeared from television as a fact that the audience didn't want them — and that's not the case," said Rio Caraaff, president of Vevo, which launched in December. "The

broadcasters on television made a decision to move away from videos because they wanted to get people to watch TV for longer periods of time, for their own business

model.

"The appetite for the videos didn't go away, it's just been channelled to the web where people can watch whatever they want on demand."

Music videos are actually among the most viewed of all online videos, and according to traffic measurement firm Visible Measures, they're indisputably No. 1 when you factor in their influence.

The company's "true reach" stat counts a video's views on different sites across the web and also accounts for the hits generated by user-created fan videos, whether they be tributes

or spoofs, said spokesman Matthew Fiorentino.

When factoring in fan engagement, the most viewed and most influential online video in the history of the Internet is surprising — it's the music video Crank That by Soulja Boy.

The song was a No. 1 hit on Billboard for several weeks in 2007 and inspired a dance craze but a relative few would peg it as the biggest video ever to go online.

"The brilliant thing about the video is there's a dance in the video and it takes you through how to actually do the dance," said Fiorentino.

"The song is catchy but then there's also this interactive aspect to it that helps." [THE ASSOCIATED PRESS](#)

	HA	H	D	B	7:00	7:30	8:00	8:30	9:00	9:30	10:00	10:30	11:00
3/22/10 primetime	31	31	31	ABC	News Center 5	World News	Inside Edition	Chronicle	Dancing With the Stars	The contestants perform.	Castle		
	7	7	7	ASN	The Road to Avonlea	Degrassi: TNG	TMZ (N)		Dancing With the Stars	The contestants perform.	Castle		
	11	11	11	CBC	Wheel Fortune	Jeopardy! (N)	18 to Life (N)	Little Mosque	The Cult	CBC News: The National	The Hour		
	2	2	2	CBC-F	Pyramide (SC)	La force	Virginie (SC)	Les Parent (N)	L'Auberge du chien noir (SC)	Les Boys (SC)	C.A. (N) (SC)	Le Téléjournal	
	32	32	32	CBS	WBZ News (N)	Evening News	Wheel Fortune	Jeopardy! (N)	How I Met	Engagement	Two/Half Men	Big Bang	CSI: Miami (N)
	69	69	69	CFTM	TVA nouvelles	Le Cercle (SC)	Rachid	Mtl	Yamaska (HDTV) (N) (SC)	Toute la verite "Imprévu" (SC)	TVA nouvelles		
	6	6	6	CIFH	Entertainment	ET Canada	Cold Blood		House "Instant Karma"	24 (HDTV) PA (N)	News Final (N)		
	9	9	9	CJCH	etalk	Access H.	CSI: Miami "Dishonor"		Hiccups (N)	Dan for Mayor	Two/Half Men	Big Bang	CTV News
	10	10	10	ELTV	Fishing	Sportsland (Live)	Face to Face		Face to Face	Sportsland	Basketball		
	36	36	36	FOX	Seinfeld	The Simpsons	Two/Half Men	Two/Half Men	House "Instant Karma"	24 (HDTV) PA (N)	Fox First		
news	12	12	12	NBC	News (N)	NBC News	Access H.	Extra (N)	Chuck (HDTV) (N)	Truma 13 (HDTV) (N)	Law & Order		
	29	29	29	NW	6 (Power & Politics)	The Lang & O'Leary Exchange			Connect with Mark Kelley (N)	CBC News: The National	Future Earth		
	4	4	4	PBS-B	PBS NewsHour (N)	Greater Boston	HS Quiz Show		Antiques Roadshow	Betty Ford: The Real Deal	Patsy Mink		
	35	35	35	PBS-D	PBS NewsHour (N)	Business Rpt.	Worldfocus		Joel Harper's Sexy After 60	Joel Harper's Firming After 50	Motor City		
	68	68	68	TQS	Guerre clans	Atoms croch	Big Brother QC	Rire et dérire	CSI: NY (N) (SC)	Le Mentaliste "Pilote" (SC)	L'Attaque à 5		
sports	23	96	96	BNN	Situation News	Headline	Market Call Tonight		MoneyTalk	Market Call	Squeeze Play	Business News	
	18	18	18	CNN	Situation Room-Wolf Blitzer	John King, USA (N)	Campbell Brown (N)		Campbell Brown (N)	Larry King Live (N)	Cooper 360		
	54	54	54	GOLF	Golf Central	The Golf Fix (HDTV) (Live)	Golf	Tavistock Cup, Day 1. (HDTV)					
	52	52	52	RSE	Connected W-Prime Time		Overtime	NHL Hockey Ottawa Senators at Montreal Canadiens. (HDTV) (Live)					
family	55	55	55	SCOR	HSR	Covers Experts	WWE SmackDown!			(10:15) WWE Monday Night RAW			
	45	45	45	SPD	Barrett-Jackson 2010	NASCAR	NASCAR Hub	Fast Track to Fame (HDTV) (N)	Racing Chef	NASCAR	NASCAR		
	53	53	53	TSN	Curling	SportsCentre	NHL Hockey Pittsburgh Penguins at Detroit Red Wings. (HDTV) (Live)						
cable variety	43	43	43	FAM	Han. Montana	Wizards-Place	Sonny Chance	Suite Life	Overruled!	Han. Montana	Wizards-Place	Latest Buzz	Ned's School
	44	44	44	TOON	Jimmy Two	Johnny Test	Johnny Test	Total Drama	Total Drama	6TEEN	Futurama	King of the Hill	American Dad
	26	26	26	TREE	Guess-Jess	3rd and Bird	Backyardigans	Night Garden	Waybuloo	Max & Ruby	Franklin	Bucket-Dinos	Little Bear
cable variety	27	27	27	YTV	iCarly	To Be Indie	iCarly	Scorpion	Malcolm-Mid.	Hates Chris	8 Simple Rules	Things I Hate	Family Biz
	16	16	16	A&E	The First 48		Hoarders (HDTV)		Hoarders "Jake, Shirley"	Hoarders "Judi and Gail"	Hoarders		
	70	70	70	APTN	APTN National News (N)	Mishkuenita	Shaputuan (N)	Uliumi De l'igloo à l'internet.	Bats: la nuit des chauves-souris *	(1999)			
cable variety	50	50	50	BET	106 & Park: BET's Top 10 Live				Steppin' De The Movie (2009, Musical Comedy) Danus McCrary.				
	37	37	37	BRVO	Emily of New Moon	Opium	Strictly Bolshoi	Moscow's Bolshoi Ballet.	Johnny Cash Live in Montrœux				
	25	25	25	CMT	Unstable	Unstable	Duo South	Amer. Funniest Home Videos	According-Jim	According-Jim	Moonstruck		
cable variety	49	49	49	COM	Just for Laughs	Air Force	22 Minutes	Corner Gas	Name Is Earl	The Simpsons	South Park	John Oliver	
	153	153	153	COURT	W-FIVE	Killer Next Door		Haunting Evid.	Dumb Criminal	Trace Evidence-Dr. Henry Lee	Killer, Do or		
	38	38	38	DISC	Canada's Worst Handyman	Daily Planet (N)	MythBusters		Dirty Jobs (N)		Motor City		
cable variety	34	48	48	HGTV	Extreme Makeover: Home	House Hunters	Property Virgin	For Rent	Bang, Buck	Home to Flip	Marriage	House Hunters	
	46	46	46	HIST	The True Story of Black Hawk Down			Greatest Tank Battles	Lost Worlds (HDTV) Seven Wonders.				
	17	17	17	MM	Buffy the Vampire Slayer	Secret Life of American Teen	America's Best Dance Crew	Degrassi: TNG	Degrassi: TNG	Springbreak.10			
cable variety	19	19	19	MM	mmtop10.ca	The Daily Fix	Ranked!		mmtop10.ca		Behind-Music		
	20	20	20	MI	(7:10) Afterworks (2008, Drama) Romain Duris.		Sanctuary "Nubbins"	Spartacus: Blood and Sand	Nurse Jackie				
	48	23	23	OLN	Mantracker	Ghost Hunters		Destination Truth	Oper. Repo	Oper. Repo	Ghost Hunters		
cable variety	51	51	51	PEACH	Friends	Seinfeld	Family Guy	House-Payne	House-Payne	Monica: Still	Monica: Still	Seinfeld	
	206	206	206	PIX	(6:30) <i>Uzana's Raid</i> (1972, Western)		(8:20) <i>Formula 51</i> *** (2001, Action)		Raging Bull **** (1980, Biography)				
	67	67	67	RDI	RDI monde	RDI économique	24 Heures en 60 minutes	Grands reportages (SC)	Le Téléjournal (SC)		RDI économique		
cable variety	39	39	39	SHOW	Trailer Park	Trailer Park	Relic Hunter	Cleaverville (2007, Suspense) Ever Carradine.			Bones		
	40	40	40	SLICE	Whatever	Rich Bride Poor Bride	Nearly Dead	Newlywed	Trading Spouses				
	47	47	47	SPACE	Stargate SG-1		Star Trek: Voyager		Battlestar Galactica "Razor"				
cable variety	14	14	14	SPIKE	CSI: Crime Scene Invstgtn.	UFC's Ultimate Fight Night		TNA Wrestling (HDTV) (Live)					
	57	98	98	STAR	etalk	TMZ (N)	The Ellen DeGeneres Show (N)	The View (HDTV) (N)	Dr. Oz Show				
	21	21	21	TLC	Say Yes-Dress	Mediums	Quintuplet Surprise	Ultimate Cake Off (N)	Cake Boss				
cable variety	56	34	34	TROP	Carlawood	Prod. Parker	Re-Vamped	Wipeout (N)	Wipeout (N)		Parking Wars		
	20	20	20	TV5	Que-champion	Journal de Fr2	Les Carnets du bourlinguer						
	28	28	28	V	Doc Breaking' Away	Murder, She Wrote	Eyes Down	Wait for God	Archaeologist	Naked			
cable variety	60	97	97	VIVA	Mediums	Ghostly Enc.	Cold Case	Ultimate Cake Off (N)	Cake Boss				
	22	22	22	W	House-Sell	House-Sell	Supernanny	Missing "Unnatural Disaster"	The Closer (Part 1 of 2)	Cold Case			
	251	251	251	WGN	WGN Evening News	Two/Half Men	Family Guy	How Clean Is	Clean	Love It or List It	Love It-List It		



Box office

1 **Alice in Wonderland:** \$34.5 million US

2 **Diary of a Wimpy Kid:** \$21.8 million

3 **The Bounty Hunter:** \$21 million

4 **Repo Men:** \$6.8 million

5 **She's Out of My League:** \$6 million

6 **Green Zone:** \$5.96 million

7 **Shutter Island:** \$4.8 million

8 **Avatar:** \$4 million

9 **Our Family Wedding:** \$3.8 million

10 **Remember Me:** \$3.3 million

THE ASSOCIATED PRESS

critics' corner

Dancing With the Stars

Host Tom Bergeron and judges Len Goodman, Bruno Tonioli and Carrie Ann Inaba return as 11 new teams trip (literally) the light fantastic. Among the stars: astronaut Buzz Aldrin; actresses Pamela Anderson, Shannen Doherty and Niecey Nash; sports reporter Erin Andrews; Olympic gold medal figure skater Evan Lysacek; reality star Kate Gosselin; former TV "Bachelor" Jake Pavelka; and soap actor Aiden Turner ("All My Children"). 9 PM on ABC ASN

Hiccups

It's not for everyone, but some people swear by speed dating. Will Millie (Nancy Robertson) be one of them, or will she end up swearing at it? Find out in this new episode, as Stan (Brent Butt) introduces her to the practice. Elsewhere, Joyce and Crystal (Laura Soltis, Emily Perkins) are planning a party but are having trouble deciding on a budget. David Ingram also stars in "Speed Ball." 9 PM on CJCH

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1013 THE BOUNCE.com





Star Jones underwent cardiac surgery Wednesday, which was related to a rarely-performed surgery she had three decades ago after developing a thoracic tumor, people.com reports. METRO WORLD NEWS

Celebrity Buzz

Proof is in the pudding

OR, IN THIS CASE, THE LEVELS OF PROPOFOL IN HIS BLOOD

Dr. Conrad Murray failed to tell paramedics he had given Michael Jackson Propofol, femalefirst.co.uk is alleging.

Documents from the official ambulance report, which was filled out by medics on the June 25 last year — the day the pop star died from cardiac arrest, caused by "acute Propofol intoxication" — have been released, and state that Jackson's personal

physician didn't mention he administered the anaesthetic shortly before his passing.

A family friend told the News of the World newspaper: "This is the clearest suggestion yet that Murray misled the paramedics. Why didn't he tell them

about the Propofol? We are sick at what this report indicates."

Murray was charged with involuntary manslaughter over the late singer's death earlier this year. He has pleaded not guilty.

The notes written by the paramedics state they quizzed Murray about what medications Jackson was on.

However, Murray told them the late King of Pop had only taken the sedative Lorazepam and fluids to rehydrate him after he complained of being exhausted following a sleepless night.

METRO NEWS SERVICES



GETTY IMAGES

From the mouth of babes

SILLY 13-YEAR-GIRLS HAVING TOTALLY UNREALISTIC ALL-CONSUMING CRUSHES ON BOYS THEY'VE NEVER MET ... I LOVE YOU NATHAN FILLION!

Ahhh, the perils of fame.

You're only 16, received a new car for a birthday present, and are adored by fans all over the world.

Such is life for singing sensation Justin Bieber, people.com muses.

In London to promote his new single Baby and album My World 2.0, the singer appeared on GMTV, where he answered ques-

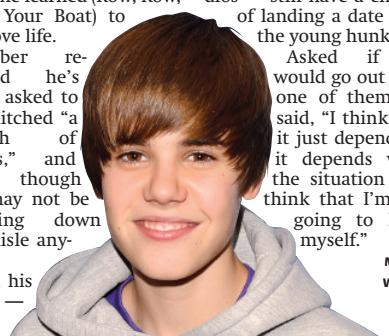
tions from fans about everything from the first song he learned (Row, Row, Row Your Boat) to his love life.

Bieber revealed he's been asked to get hitched "a bunch of times," and even though he may not be walking down the aisle anytime soon, his fans —

many of whom were waiting for him at the TV studios — still have chance of landing a date with the young hunk.

Asked if he would go out with one of them, he said, "I think that it just depends — it depends what the situation is. I think that I'm not going to limit myself."

METRO WORLD NEWS



Going gaga over lawsuits

AND COO-COO OVER CONTRACTS

Lady Gaga is responding to a \$30 million US lawsuit from ex-producer Rob Fusari with a suit of

her own, according to the New York Daily News.

Fusari claims he came up with the singer's name and persona and co-wrote many of her hit songs.

Gaga's lawyers counter that the contract between them was invalid because Fusari was not a licensed talent agent, and they say his actions were "predatory and financially abusive."

Fusari's lawyer calls the new suit ludicrous.

"Rob was no more of an 'agent' for her than she is a Roman Catholic nun," he tells the newspaper.

METRO WORLD NEWS



Follow these celebrities on Twitter...

CelebTweets

CONAN O'BRIEN

celebrates small victories, JUSTIN BIEBER isn't giving up that easily, TYRA BANKS is tired, and NATHAN FILLION is offering himself as an alternative.

@ConanOBrien

Sweet victory! I'm now trending higher than my twitter nemesis, Justin Bieber. Who's the tween heartthrob now?

@justinbieber

@conanobrien ur chess moves r savvy...but in the end I will take your queen...it's begun my friend...oh it has begun (evil laugh place here)

@tyrabanks

My butt was awake til past 4am last night and now I can hardly keep my eyes open. Smizing is nearly impossible right now.

@NathanFillion

Dear Sandra Bullock, I am currently single, and terribly loyal. When you're ready, Nathanhappier place.

METRO WORLD NEWS



A Lohan lock out?

THE HIGHER THEY COME, THE HARDER THEY FALL

Lindsay Lohan's efforts for a BBC documentary may end up getting her banned from India, according to the Daily Mail. By Tweeting about her work on the production, she alerted Indian officials to the fact that she was working in the country while there on a tourist visa.

Sources say she could be barred from entering the coun-

try in the future, according to the newspaper.

She's also been having trouble entering L.A. nightclubs; Lohan was left waiting outside new hotspot Trousdale recently, which prompted her to post on Twitter: "I've never been treated so poorly in my life."

METRO WORLD NEWS



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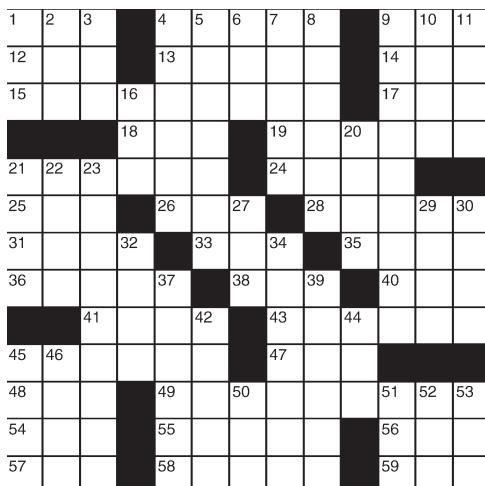
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MAPLE PICTURES

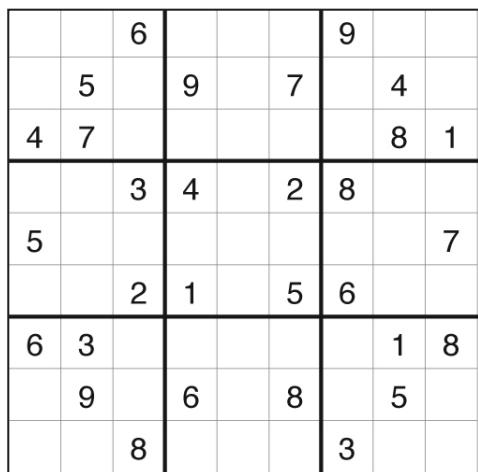
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Visit clubmetro.com and enter for your chance to WIN!

To register and for full contest details visit clubmetro.com. No purchase necessary. Contest starts March 15, 2010 at 12:01 a.m. EST and ends March 28, 2010 at 11:59 p.m. EST. Official contest rules regulations available at clubmetro.com. Open to residents of Canada, excluding the province of Quebec, who have reached the age of majority at the time of entry. Must correctly answer, unaided, a mathematical skill testing question to be declared a winner. Winner subject to verification by the Contest Sponsor. There are 1 Grand Prize and 10 Secondary Prizes to be won. Approximate retail value of Grand Prize is \$3,600.00 and each Secondary Prize is \$39.95. The odds of winning a prize depends on the total number of eligible entries received during the Contest Period.

For more delicious Metro recipes, visit: metronews.ca/food**Sudoku**For more/less challenging Sudoku puzzles, visit metronews.ca

HOW TO PLAY: Digits 1 through 9 will appear once in each zone – one zone is an outlined 3x3 grid within the larger puzzle grid. There are nine zones in the puzzle. Do not enter a digit into a box if it already appears elsewhere in the same zone, row across or column down the entire puzzle.

**ACROSS**
 1 Switch position
 4 Big name in
 early 1900s
 newsreels
 9 Secret agent
 12 Chum
 13 "Ghosts"
 playwright
 14 Sine – non
 15 Wastes
 17 Baseball
 arbiter
 18 Brazilian city,
 familiarly
 19 Upper-arm
 muscles
 21 Standard
 usage
 24 – gin fizz
 25 Lawyer's abbr.
 26 Fresh
 32 Symbol of
 America
 31 God (Latin)
 33 "To be or ..." –
 35 Abound
 36 Figure of
 speech
 38 Charlotte's
 creation
 41
 42
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 46
 47
 48
 49
 50
 51
 52
 53
 54
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 41 Fox series
 about high
 school singers
 43 Necklace
 features
 45 Conestogas,
 e.g.
 47 Cadence call
 syllable
 48 Under the
 weather
 49 Oak denizens
 54 Payable
 55 Good doctor
 56 Pomeranian's
 perch, perhaps
 57 Type squares
 58 "Give me
 liberty ..." –
 speaker
 59 Biz deg.
DOWN
 1 Chances, for
 short
 2 Oft-read Web
 page
 3 Winter ailment
 4 Wing
 5 Tummy
 6 Mao —tung
 40 Water (Fr.)
 41 Fox series
 about high
 school singers
 43 Necklace
 features
 45 Conestogas,
 e.g.
 47 Cadence call
 syllable
 48 Under the
 weather
 49 Oak denizens
 54 Payable
 55 Good doctor
 56 Pomeranian's
 perch, perhaps
 57 Type squares
 58 "Give me
 liberty ..." –
 speaker
 59 Biz deg.
PREVIOUS DAY'S CROSSWORD AND SUDOKU ANSWERS:

A	B	E	B	O	O	R	E	P	E	L	9	4	3	2	5	6	7	1	8
C	A	R	A	P	P	I	M	A	G	O	1	7	2	9	8	4	5	6	3
E	Y	E	S	W	E	E	T	S	P	O	2	6	5	3	1	7	4	9	2
R	O	C	H	E	R	T	Z				3	5	4	7	3	8	1	2	9
B	U	T	T	L	A	C	G	E	T	S	4	2	3	8	1	4	9	6	5
U	T	T	L	A	C	G	E	T	S	5	6	2	3	8	4	7	3	8	1
B	U	T	T	L	A	C	G	E	T	6	5	4	7	3	8	1	2	9	0
A	L	A	M	O	R	H	U	R	R	A	7	9	1	5	6	2	3	8	4
A	L	A	M	O	R	H	U	R	R	A	8	6	5	3	1	7	4	9	2
C	O	S	M	O	S	Z	O	O	G	H	9	5	6	2	3	8	4	7	1
E	S	P	Y	A	R	I	M	U	F	F	10	4	2	7	6	9	1	8	3
W	H	I	I	S	E	R	E	A	E	F	11	3	8	6	4	2	5	9	7
W	H	I	I	S	E	E	R	E	E	F	12	5	1	9	8	7	3	2	4
W	H	I	I	S	E	E	R	E	E	F	13	6	5	4	7	3	8	1	2
W	H	I	I	S	E	E	R	E	E	F	14	7	6	5	4	7	3	8	1
W	H	I	I	S	E	E	R	E	E	F	15	8	7	6	5	4	7	3	8
W	H	I	I	S	E	E	R	E	E	F	16	9	8	7	6	5	4	7	1

On the webFor more games and 60 additional daily cartoon strips, visit metronews.ca**Horoscopes by Sally Brompton** sallybrompton.com**ARIES****MARCH 21-APRIL 20**

Choose an approach and stick with it. If you muddle up your options the outcome will be confused, but if you act decisively you will get results.

LIBRA**SEPT 23-OCT 23**

Trying to conform to the way other people would like you to be is a pointless exercise. Be yourself if you want to be happy.

TAURUS**APRIL 21-MAY 21**

Make a detailed plan for the week ahead. Set yourself targets that are difficult but not impossible. You need to be challenged.

SCORPIO**OCT 24-NOV 22**

It may seem as if every negative event is in some way personal but that's highly unlikely. Sometimes you can be too touchy for your own good.

GEMINI**MAY 22-JUNE 21**

Do something daring today the more others tell you to take it easy the more you will do the opposite. And why not? Excitement is your middle name.

SAGITTARIUS**NOV 23-DEC 21**

You are in one of your get organized moods today and you know from experience it won't last long, so make use of it while you can.

CANCER**JUNE 22-JULY 22**

The harder you push yourself the more you will achieve. This is not the right time to take things easy. This is not the right time for a rest.

CAPRICORN**DEC 22-JAN 20**

You still seem to be worrying that you are not quite good enough to compete at the highest level. That's rubbish. You are better than your rivals.

LEO**JULY 23-AUG 22**

Make something old look new again today. It is part of your skill to make even the most jaded of things look fresh, and that applies to relationships.

AQUARIUS**JAN 21-FEB 18**

If you have been thinking about travelling abroad or maybe even moving from your present environment, now is the time to get serious about it.

VIRGO**AUG 24-SEPT 22**

If you ask the same old questions you will, inevitably, get the same old answers. You need to adopt a more adventurous approach today.

PISCES**FEB 19-MARCH 20**

Start the week in a positive frame of mind. The world is what you make of it. Imagine everything is perfect — and it will be.

This day in history

1894: The first playoff game for the Stanley Cup starts.
 1916: The last Emperor of China, Yuan Shikai, abdicates the throne and the Republic of China is restored.
 1923: The first radio broadcast of ice hockey is made by Foster Hewitt.
 1933: U.S. President Franklin Delano Roosevelt signs into law a bill legalizing the sale of beer and wine. Prohibition would end nine months later.
 1993: The Intel Corporation ships the first Pentium chips (80586), featuring a 60 MHz clock speed, 100+ MIPS, and a 64 bit data path.

METRO NEWS SERVICES

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Take Five**Metro Recipe of the Day****Beef Salad**

some black pepper. Cook steak for 2 1/2-3 1/2 minutes per side. Transfer steak to board and leave to rest.

3. Whisk remaining olive oil, walnut oil and vinegar together. Cut steak into slices about 1/4 in. thick. Pour collected juices into dressing.

4. Drain onion and radishes well, put into large bowl; add dressing with celery and beef. Gently toss. Divide salad among four plates, then spoon over beef mixture. Serve immediately.

SERVES 4**rd.ca**

For nutritional information on this and other great recipes, go to rd.ca or check out Key Ingredients in this month's Reader's Digest, on newsstands now!





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